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FOOD GUIDE & RECIPE BOOK FOR THE DRIVE TO SERVE PROGRAM



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PREFACE

THIS PUBLICATION PROVIDES RECIPES MOSTLY IN TWO-SERVING SIZES WHICH SHOULD BE POPULAR WITH OLDER PEOPLE IN USDA'S FAMILY FOOD DISTRIBUTION PROGRAM. IT ALSO CONTAINS INFORMATION ON NUTRITION, MENU IDEAS, AND HELPFUL HINTS ON PLANNING AND SERVING MEALS. IT IS INTENDED FOR USE IN THE DRIVE TO SERVE PROGRAM.

THE DRIVE TO SERVE PROGRAM IS A COOPERATIVE EFFORT OF USDA, AMERICAN RED CROSS, 4-H CLUBS, THE BOY SCOUTS OF AMERICA, SERVICE CLUBS, AND HIGH SCHOOL DRIVER EDUCATION PROGRAMS. FOOD AND NUTRITION SERVICE OF USDA PROVIDES FOODS FOR CERTIFIED RECIPIENTS. STUDENTS AND GRADUATES OF DRIVER EDUCATION CLASSES FROM LOCAL SCHOOLS, SUPERVISED BY ADULT RED CROSS VOLUNTEERS, DELIVER THE FOODS TO THOSE PERSONS 65 YEARS OR OLDER WHO ARE UNABLE TO GET TO THE DISTRIBUTION CENTER.

THE FOOD AND NUTRITION SERVICE EXPRESSES APPRECIATION FOR THE ASSISTANCE AND COOPERATION OF CONSUMER AND FOOD ECONOMICS RESEARCH DIVISION, AGRICULTURAL RESEARCH SERVICE, IN PROVIDING MATERIAL ON FOOD USE AND RECIPES FOR THIS PUBLICATION.



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WASHINGTON, D.C.

NOVEMBER 1971

DAILY FOOD GUIDE

some choices for thrifty families

MILK GROUP

some for everyone



VEGETABLE - FRUIT GROUP

4 or more servings



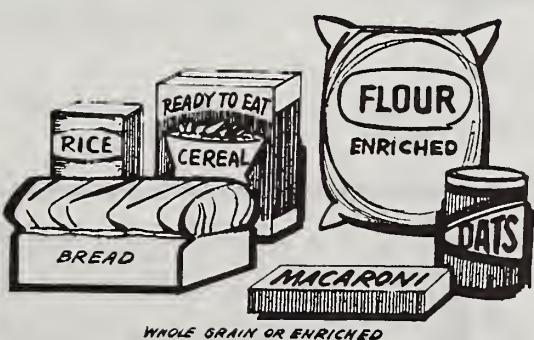
MEAT GROUP

2 or more servings



BREAD - CEREAL GROUP

4 or more servings



everyday eat foods from each group

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

Follow the Food Guide Every Day

SOME

for

EVERYONE

2

or more

SERVINGS

4

or more

SERVINGS

4

or more

SERVINGS

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —  to  Adults —  or more

Children 9-12 —  or more Pregnant Women —  or more

Teenagers —  or more Nursing Mothers —  or more

Cheese can be used for part of the MILK

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,
POULTRY OR FISH — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH

ALSO - 2 EGGS 

OR 1 CUP  COOKED DRY BEANS OR PEAS

OR 4 TABLESPOONS  PEANUT BUTTER 

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING $\frac{1}{2}$ CUP  (RAW OR COOKED)

OR 1 PORTION SUCH AS



OR



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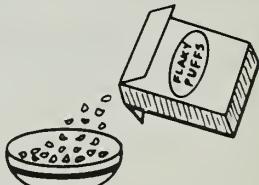


BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)

COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL -----



OR $\frac{1}{2}$ CUP  TO $\frac{3}{4}$ CUP  COOKED CEREAL,
CORNMEAL, GRITS, MACARONI, RICE, OR SPAGHETTI

EAT OTHER FOODS AS NEEDED TO ROUND OUT THE MEALS

REMEMBER - EVERY DAY

2 OR MORE SERVINGS OF MILK

2 OR MORE SERVINGS FROM THE MEAT GROUP

4 OR MORE SERVINGS OF VEGETABLES AND FRUITS

4 OR MORE SERVINGS OF BREAD OR CEREAL

FOODS FROM EACH OF THE BASIC FOUR FOOD GROUPS ARE RECOMMENDED FOR EVERYONE - YOUNG AND OLD - EVERY DAY.

MILK GROUP

EVERY DAY ADULTS SHOULD HAVE TWO OR MORE CUPS OF MILK. THE MILK MAY BE FRESH WHOLE OR SKIM, EVAPORATED, DRY OR BUTTERMILK. PART OF THE MILK MAY BE IN THE FORM OF CHEESE, COTTAGE CHEESE, ICE CREAM, CREAM SOUP, CUSTARD, OR MILK PUDDINGS.

FOODS FROM THE MILK GROUP PROVIDE CALCIUM WHICH IS NEEDED FOR BONES AND TEETH. MILK IS ALSO IMPORTANT FOR PROTEIN, VITAMIN A, RIBOFLAVIN AND OTHER NUTRIENTS.

MEAT GROUP

TRY TO HAVE 2 OR MORE SERVINGS FROM THIS GROUP EVERY DAY. FOODS IN THIS GROUP OTHER THAN MEAT INCLUDE FISH, POULTRY, EGGS, DRY BEANS AND PEAS, AND PEANUT BUTTER.

FOODS FROM THE MEAT GROUP ARE IMPORTANT FOR PROTEIN WHICH IS NEEDED FOR GROWTH AND REPAIR OF BODY TISSUES. THESE FOODS ALSO PROVIDE IRON AND THE B-VITAMINS.

VEGETABLE AND FRUIT GROUP

TRY TO HAVE 4 OR MORE SERVINGS OF VEGETABLES OR FRUITS DAILY. EAT A VARIETY OF VEGETABLES AND FRUITS, ESPECIALLY THOSE WHICH SUPPLY GREATER AMOUNTS OF VITAMIN C AND VITAMIN A.

FOODS WHICH ARE IMPORTANT FOR VITAMIN C INCLUDE ORANGES, GRAPEFRUIT, OTHER CITRUS FRUITS AND JUICES, TOMATOES AND TOMATO JUICE, STRAWBERRIES, BROCCOLI, CABBAGE, POTATOES AND MOST DARK-GREEN LEAFY VEGETABLES. VITAMIN C IS NEEDED FOR HEALTHY GUMS AND BODY TISSUES.

DARK-GREEN VEGETABLES AND DEEP YELLOW VEGETABLES SUCH AS SPINACH, KALE, OTHER DARK GREEN LEAFY VEGETABLES, CARROTS AND SWEET POTATOES AND FRUITS SUCH AS APRICOTS AND CANTALOUP ARE GOOD SOURCES OF VITAMIN A. VITAMIN A IS NEEDED FOR NORMAL VISION AND HEALTHY CONDITION OF THE SKIN.

BREAD AND CEREAL GROUP

BE SURE TO HAVE 4 OR MORE SERVINGS FROM THE BREAD AND CEREAL GROUP EVERY DAY. USE BREADS AND CEREALS WHICH ARE ENRICHED OR MADE FROM ENRICHED OR WHOLE-GRAIN FLOUR OR MEAL.

ALL OF THE CEREAL PRODUCTS DISTRIBUTED IN THE FOOD DISTRIBUTION PROGRAM ARE WHOLE GRAIN OR ENRICHED. WHEN YOU PURCHASE THESE FOODS FROM THE STORE BE SURE THEY ARE WHOLE GRAIN OR THE LABEL SAYS "ENRICHED".

FOODS FROM THIS GROUP PROVIDE MINERALS (ESPECIALLY IRON), CALORIES AND THE B-VITAMINS.

PLANNING MEALS

- PLAN TO INCLUDE FOODS FROM EACH OF THE BASIC FOUR FOOD GROUPS DAILY.
- TRY TO HAVE SOME MEAT, POULTRY, FISH, EGGS, OR MILK AT AT EACH MEAL.
- TRY TO INCLUDE A FRUIT OR A VEGETABLE FOR VITAMIN C EACH DAY AND ONE FOR VITAMIN A SEVERAL TIMES A WEEK.
- TO ROUND OUT MEALS AND MEET ENERGY NEEDS, PLAN TO USE OTHER FOODS SUCH AS FATS AND SWEETS THAT ARE NOT SPECIFIED IN THE 4 FOOD GROUPS.
- DIVIDE THE FOODS FAIRLY EVENLY AMONG MEALS. IF ONE MEAL MUST BE HEARTIER, MID-DAY IS USUALLY BEST. PERHAPS DINNER AT NOON MIGHT BE "NEW FASHIONED SENSE."
- WHILE THREE MEALS A DAY IS USUAL, MANY PEOPLE LIKE TO EAT 4 OR MORE MEALS WITH SMALLER AMOUNTS AT A TIME.
- PLAN FOR A VARIETY OF COLOR, FLAVOR, AND TEXTURE.
- TRY SOME BRIGHTLY COLORED FOOD FOR EYE APPEAL.
- COMBINE BLAND WITH TART FLAVORS, MILD WITH STRONG FLAVORED FOODS.
- HAVE SOMETHING CRISP TO CONTRAST WITH SOFTER FOODS.
- USE HOT AND COLD FOODS FOR VARIETY.
- PLAN TO PREPARE ONLY ONE TIME-CONSUMING DISH IN EACH MEAL. MEAL PREPARATION IS LESS TIRING WHEN SOME OF THE FOOD IS PARTLY OR FULLY PREPARED IN ADVANCE OF THE MEAL. MAKE GOOD USE OF PLANNED LEFTOVERS.
- REMEMBER TO INCLUDE WATER WITH THE FLUIDS YOU DRINK EVERY DAY AT MEALS OR AT OTHER TIMES.

SERVING MEALS

- USE PRETTY PLACE MATS - OR A TRAY.
- SHARE A MEAL WITH A FRIEND - PERHAPS A CHILD.
- EAT BY A WINDOW OR TELEVISION OR OUTSIDE ON THE PORCH.
- PAY ATTENTION TO HOW FOOD LOOKS ON THE PLATE. FOOD TASTES BETTER IF IT LOOKS GOOD.

SHOPPING FOR FOOD

- PLAN YOUR MENUS FOR A WEEK IN ADVANCE.
- CHECK FOODS ON HAND BEFORE MAKING A LIST OF THE GROCERIES TO BE PURCHASED.
- BUY FOODS IN SEASON.
- BUY JUST WHAT YOU CAN USE WITHOUT WASTE.
- KEEP IN MIND THE AMOUNT AND KINDS OF FOOD STORAGE SPACE YOU HAVE.
- READ FOOD LABELS CAREFULLY FOR CONTENT AND FOOD USE INFORMATION.

STORING FOOD

- UNPACK AND STORE GROCERIES PROMPTLY.
- STORE NEWER FOODS TO THE BACK OF SHELVES SO OLDER ONES WILL BE USED FIRST.
- STORE PERISHABLE FOODS IN THE REFRIGERATOR AS QUICKLY AS POSSIBLE.
- IF NOT USED PROMPTLY, REFRIGERATE PREPARED FOODS SUCH AS MEAT OR FISH SALADS OR SANDWICH FILLINGS, FOODS CONTAINING EGGS OR MILK AND LEFTOVER COOKED FOODS.

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MEASURING EQUIVALENTS

1 TABLESPOON = 3 TEASPOONS	3/4 CUP = 12 TABLESPOONS
1/4 CUP = 4 TABLESPOONS	1 CUP = 16 TABLESPOONS
1/3 CUP = 5 1/3 TABLESPOONS	1 CUP = 8 FLUID OUNCES
1/2 CUP = 8 TABLESPOONS	1 PINT = 2 CUPS
2/3 CUP = 10 2/3 TABLESPOONS	1 QUART = 4 CUPS
1 POUND = 16 OUNCES (WEIGHT)	

FLUID MILK MADE FROM NONFAT
DRY MILK MAY BE USED IN THESE
RECIPES.

INSTANT NONFAT DRY MILK

1 CUP WATER
1/3 CUP INSTANT NONFAT DRY MILK
ADD DRY MILK TO WATER
STIR WATER AND DRY MILK TOGETHER
SLOWLY, STIRRING UNTIL MIXED.
CHILL FOR DRINKING.
MAKES 1 CUP FLUID MILK.

BUTTERMILK

1-1/2 CUPS LUKEWARM FLUID MILK (SEE
NOTE)

1/4 CUP FRESH BUTTERMILK

MIX FLUID MILK AND BUTTERMILK.
COVER AND LET STAND AT ROOM TEMPERATURE
ABOUT 8 HOURS UNTIL THICKENED.
STIR UNTIL SMOOTH. COVER AND CHILL.
MAKES 1-3/4 CUPS.

NOTE: USE LUKEWARM WATER TO MAKE FLUID
MILK FROM NONFAT DRY MILK.

12.

HOT COCOA

1 TABLESPOON COCOA
2 TABLESPOONS SUGAR
2 CUPS WATER
 $\frac{2}{3}$ CUP INSTANT NONFAT DRY MILK
1/4 TEASPOON VANILLA

MIX THE COCOA, SUGAR, AND $\frac{1}{3}$ CUP OF
THE WATER IN A PAN. HEAT TO BOILING AND
COOK SLOWLY FOR 5 MINUTES TO MAKE
COCOA SYRUP.

REMOVE THE COCOA SYRUP FROM HEAT. ADD
REST OF WATER. THEN ADD DRY MILK. STIR
UNTIL SMOOTH.

HEAT BUT DO NOT BOIL.

ADD VANILLA.

MAKES 2 SERVINGS, 1 CUP EACH.

CHOCOLATE MILK

USE RECIPE FOR HOT COCOA. MAKE THE
COCOA SYRUP AND COOL IT. STIR IN REST
OF WATER, MILK, AND VANILLA. CHILL
QUICKLY. STIR BEFORE SERVING.

DROP BISCUITS

2/3 CUP FLOUR

1 TEASPOON BAKING POWDER

1/4 TEASPOON SALT

2 TABLESPOONS SHORTENING

1/3 CUP FLUID MILK

MIX FLOUR, BAKING POWDER, AND SALT.

MIX IN FAT WITH A FORK OR TWO KNIVES UNTIL CRUMBLY.

STIR IN MILK. MIX ENOUGH TO WET DRY INGREDIENTS.

DROP DOUGH FROM A TABLESPOON ON A GREASED BAKING PAN.

BAKE AT 450° F (VERY HOT OVEN) 10 TO 12 MINUTES UNTIL LIGHTLY BROWNED.

MAKES 6 TO 8 BISCUITS.

PAN BISCUITS

USE RECIPE FOR DROP BISCUITS. DROP DOUGH FROM A TABLESPOON IN A HEATED, GREASED FRY PAN. COVER AND COOK OVER LOW HEAT ABOUT 5 MINUTES UNTIL BROWNED ON 1 SIDE. TURN AND COOK OTHER SIDE.

USE UNSIFTED FLOUR IN THESE RECIPES.

CORNMEAL BISCUITS

USE RECIPE FOR DROP BISCUITS. USE $\frac{1}{3}$ CUP FLOUR AND $\frac{1}{3}$ CUP CORNMEAL IN PLACE OF $\frac{2}{3}$ CUP FLOUR.

BAKE LIKE DROP BISCUITS, OR COOK IN A FRYPAN LIKE PAN BISCUITS.

FRENCH TOAST

$\frac{1}{2}$ CUP EGG MIX, PACKED (TO USE FRESH EGG, SEE NOTE)

$\frac{1}{2}$ CUP WATER

4 SLICES BREAD

MARGARINE OR BUTTER FOR BROWNING

MIX THE EGG MIX AND WATER UNTIL SMOOTH.
SPREAD A LITTLE MARGARINE OR BUTTER IN A HEATED FRY PAN.

DIP BREAD IN EGG MIXTURE. COOK IN FRY PAN OVER LOW HEAT UNTIL BROWNED ON ONE SIDE.

TURN BREAD, PUTTING A LITTLE MORE MARGARINE OR BUTTER UNDER EACH SLICE. BROWN OTHER SIDE.

MAKES 4 SLICES.

NOTE: USE 2 FRESH EGGS, $\frac{1}{4}$ CUP FLUID MILK, AND SALT, AS YOU LIKE, IN PLACE OF THE EGG MIX AND WATER.

GRILLED CHEESE SANDWICHES

2 THIN SLICES PROCESS CHEESE

4 SLICES BREAD

MARGARINE OR BUTTER FOR BROWNING

PUT EACH SLICE OF CHEESE BETWEEN 2 SLICES OF
BREAD.

SPREAD A LITTLE MARGARINE OR BUTTER IN A HEATED
FRY PAN. PUT SANDWICHES IN PAN. COOK OVER LOW HEAT
UNTIL CHEESE MELTS AND SANDWICHES ARE BROWNED ON ONE
SIDE.

TURN SANDWICHES, PUTTING A LITTLE MORE MARGARINE OR
BUTTER UNDER EACH IN PAN. BROWN OTHER SIDE.

MAKES 2 SANDWICHES.

GRILLED PEANUT BUTTER-CHEESE SANDWICHES

USE RECIPE FOR GRILLED CHEESE SANDWICHES.

SPREAD 1 TABLESPOON PEANUT BUTTER ON 2 SLICES OF
BREAD BEFORE ADDING CHEESE.

MENU IDEA: SERVE WITH TOMATO SOUP, CELERY STICKS,
AND SLICED BANANAS.

PANCAKES

2/3 CUP FLOUR

1 TEASPOON BAKING POWDER

1 TABLESPOON SUGAR

2 TABLESPOONS EGG MIX, PACKED (TO USE
FRESH EGG, SEE NOTE)

2 TABLESPOONS MELTED FAT OR OIL

1/2 CUP FLUID MILK

MIX THE FLOUR, BAKING POWDER, SUGAR, AND EGG
MIX UNTIL THERE ARE NO SPECKS OF EGG MIX.

ADD FAT OR OIL TO MILK. ADD TO FLOUR MIX-
TURE AND STIR JUST UNTIL MIXED, LEAVING BATTER
SLIGHTLY LUMPY.

COOK PANCAKES ON A HEATED, GREASED FRY PAN
UNTIL COVERED WITH BUBBLES. TURN PANCAKES AND
BROWN OTHER SIDE.

MAKES 4 MEDIUM-SIZE PANCAKES.

NOTE: USE 1 BEATEN FRESH EGG, 1/4 TEASPOON SALT,
AND 1/3 CUP MILK, IN PLACE OF EGG MIX AND 1/2 CUP
MILK. MIX THE EGG, SALT, AND MILK; STIR IN THE FAT.
ADD EGG MIXTURE TO DRY INGREDIENTS.

QUICK RAISIN BREAD

2 CUPS FLOUR

1 TABLESPOON BAKING POWDER

1/2 TEASPOON SALT

1 TEASPOON CINNAMON, IF YOU LIKE

1/3 CUP SOFTENED FAT (MARGARINE, BUTTER, OR
SHORTENING)

1/2 CUP SUGAR

1/2 CUP EGG MIX, PACKED (TO USE FRESH EGG,
SEE NOTE)

1/3 CUP WATER

3/4 CUP FLUID MILK

1 CUP RAISINS

MIX FLOUR, BAKING POWDER, SALT, AND
CINNAMON (IF USED). SET ASIDE.

MIX FAT AND SUGAR UNTIL SMOOTH. STIR IN EGG
MIX AND HALF THE WATER UNTIL SMOOTH. ADD REST
OF WATER. BEAT WELL.

MIX HALF THE FLOUR MIXTURE AND MILK INTO EGG
MIXTURE. STIR IN REST OF FLOUR AND MILK JUST
UNTIL SMOOTH.

STIR IN RAISINS.

POUR IN A GREASED LOAF PAN.

BAKE AT 350° (MODERATE OVEN) ABOUT 40 MINUTES
UNTIL BROWNED. COOL BREAD IN PAN FOR 10 MINUTES.

NOTE: USE 2 FRESH EGGS IN PLACE OF EGG MIX AND
1/3 CUP WATER.

QUICK PRUNE BREAD

USE RECIPE FOR QUICK RAISIN BREAD.

IF USING EGG MIX, USE $\frac{1}{3}$ CUP PRUNE COOKING LIQUID IN PLACE OF WATER. USE $\frac{3}{4}$ CUP CUT-UP, COOKED PRUNES IN PLACE OF THE RAISINS. (SEE COOKED PRUNES)

PEANUT BUTTER-RAISIN SANDWICH SPREAD

$\frac{1}{4}$ CUP RAISINS

$\frac{1}{3}$ CUP PEANUT BUTTER

FINELY CHOP RAISINS.

MIX PEANUT BUTTER AND RAISINS.

MAKES ABOUT $\frac{1}{3}$ CUP SANDWICH SPREAD.

SANDWICH SPREAD

$\frac{1}{2}$ SMALL STALK CELERY

$\frac{3}{4}$ CUP FINELY CUT-UP, CANNED OR COOKED MEAT OR POULTRY (SEE NOTE)

1 TABLESPOON PICKLE RELISH OR CHOPPED

DILL PICKLE

2 TABLESPOONS MAYONNAISE OR SALAD DRESSING

CHOP CELERY.

MIX ALL INGREDIENTS.

MAKES 1 CUP SANDWICH SPREAD.

CHILL UNTIL USED.

NOTE: CANNED CHOPPED MEAT OR CANNED LUNCHEON MEAT, CHICKEN, TURKEY, BEEF, OR PORK MAY BE USED FOR THE MEAT OR POULTRY.

COOKED CEREAL OR MACARONI

	<u>INGREDIENTS TO USE</u>	Cooking	
	CEREAL	WATER	TIME
	CUPS	CUPS	MINUTES
BULGUR	1/3	1	20 TO 25
CORNMEAL	1/3	1 1/2	ABOUT 15
CORN GRITS	1/4	1 1/4	ABOUT 15
MACARONI	1/2	2	10 TO 14
RICE	1/3	1	20 TO 25
ROLLED OATS	1/2	1	ABOUT 3
ROLLED WHEAT	1/2	1	ABOUT 4

HOW TO COOK CEREALS:

ADD 1/4 TEASPOON SALT TO WATER AND HEAT TO BOILING.
 FOR COOKING CORNMEAL, HEAT ONLY ONE CUP OF THE WATER
 AND MIX REST OF THE WATER WITH THE CORNMEAL.

SLOWLY POUR AND STIR THE CEREAL INTO THE BOILING
 WATER.

COVER AND COOK SLOWLY, STIRRING ONLY TO KEEP FROM
 STICKING. SEE COOKING TIME ABOVE.

MAKES ABOUT 1 CUP COOKED CEREAL.

HOW TO COOK MACARONI:

ADD 1/4 TEASPOON SALT TO WATER AND HEAT TO BOILING.
 STIR IN MACARONI.

BOIL UNTIL TENDER. SEE COOKING TIME ABOVE. DRAIN.

MAKES ABOUT 1 CUP COOKED MACARONI.

WAYS TO SERVE BULGUR

- SERVE COOKED HOT BULGUR WITH SPAGHETTI SAUCE, MEAT SAUCE, HAMBURGER IN GRAVY, ETC.
- ADD COOKED BULGUR TO SOUPS, STEWS, AND VEGETABLES.
- SERVE FRESH OR CANNED FRUIT ON HOT OR COLD, COOKED BULGUR.
- ADD CUT-UP PROCESS CHEESE TO HOT COOKED BULGUR.
- COOK DRIED FRUIT, SUCH AS RAISINS, WITH BULGUR.

COOKED DRIED PRUNES

1 CUP DRIED PRUNES

1-1/2 CUPS WATER

2 TABLESPOONS SUGAR, IF YOU LIKE

PUT PRUNES, WATER, AND SUGAR (IF USED)
IN A PAN. BRING TO BOILING.

LOWER HEAT. COVER AND BOIL GENTLY ABOUT
20 MINUTES UNTIL PRUNES ARE TENDER. ADD A
LITTLE WATER DURING COOKING, IF NEEDED.

COOL PRUNES IN THE LIQUID.

MAKES 4 SERVINGS, ABOUT $\frac{1}{3}$ CUP EACH.

NOTE: COOK PRUNES ONLY 10 MINUTES FOR USE IN OTHER
RECIPES. DO NOT ADD SUGAR. MAKES $\frac{3}{4}$ CUP CUT-UP
COOKED PRUNES.

COOKED FRESH FRUIT

2 MEDIUM-SIZE APPLES OR PEACHES

1/2 CUP WATER

2 TO 4 TABLESPOONS SUGAR, AS YOU LIKE

PARE AND SLICE APPLES OR PEACHES.

PUT WATER AND 2 TABLESPOONS OF SUGAR IN A
PAN AND HEAT TO BOILING.

ADD FRUIT. COVER AND COOK SLOWLY UNTIL
TENDER. ADD MORE SUGAR, IF NEEDED.

MAKES 2 SERVINGS, ABOUT 1/2 CUP EACH.

NOTE: USE 1 CUP PITTED, FRESH CHERRIES
OR 4 TO 6 PLUMS IN PLACE OF APPLES OR
PEACHES, IF YOU LIKE.

OATMEAL COOKIES

1 CUP FLOUR

1 CUP UNCOOKED ROLLED OATS

1 TEASPOON BAKING POWDER

1/2 TEASPOON CINNAMON OR VANILLA

1/2 CUP BROWN SUGAR, PACKED

1/3 CUP FAT (MARGARINE, BUTTER, OR
SHORTENING)

1/4 CUP EGG MIX, PACKED (TO USE FRESH
EGG, SEE NOTE)

2/3 CUP FLUID MILK

1/2 CUP RAISINS OR CUT-UP, COOKED
PRUNES, IF YOU LIKE (SEE COOKED PRUNES)

MIX THE FLOUR, ROLLED OATS, BAKING POWDER,
AND CINNAMON (IF USED). SET ASIDE.

MIX THE BROWN SUGAR, FAT, EGG MIX, AND ABOUT
2 TABLESPOONS OF THE MILK. BEAT UNTIL SMOOTH.

STIR IN REST OF INGREDIENTS, EXCEPT RAISINS
OR PRUNES, ALL AT ONCE.

ADD RAISINS OR PRUNES (IF USED).

LET STAND A FEW MINUTES.

DROP FROM A TEASPOON ON A GREASED BAKING
PAN.

BAKE AT 375° F (MODERATE OVEN) ABOUT
15 MINUTES UNTIL LIGHTLY BROWNED.
REMOVE FROM PAN WHILE HOT.
MAKES 2 DOZEN COOKIES.

NOTE: USE 1 FRESH EGG AND 1/2 CUP MILK IN
PLACE OF EGG MIX AND 2/3 CUP MILK.
MIX THE SUGAR, FAT, AND EGG UNTIL SMOOTH
BEFORE ADDING ANY MILK.

ROLLED WHEAT COOKIES

USE RECIPE FOR OATMEAL COOKIES. USE
UNCOOKED ROLLED WHEAT IN PLACE OF ROLLED OATS.

PEANUT BUTTER COOKIES

1-1/4 CUPS FLOUR
1/4 TEASPOON SALT
1/4 TEASPOON BAKING SODA
1/2 CUP FAT (MARGARINE, BUTTER, OR
SHORTENING)
1/2 CUP PEANUT BUTTER
1/2 CUP WHITE SUGAR
1/2 CUP BROWN SUGAR, PACKED
1/4 CUP EGG MIX, PACKED (TO USE FRESH
EGG, SEE NOTE)
1/4 CUP WATER

MIX THE FLOUR, SALT, AND BAKING SODA.
SET ASIDE.

MIX FAT, PEANUT BUTTER, AND BOTH KINDS OF
SUGAR. BEAT WELL.

ADD EGG MIX AND HALF THE WATER.
BEAT WELL. STIR IN REST OF WATER.

STIR FLOUR MIXTURE INTO PEANUT BUTTER
MIXTURE.

DROP DOUGH FROM A TEASPOON ON A BAKING
PAN. FLATTEN WITH A FORK.

BAKE AT 375°F (MODERATE OVEN) 10 TO
15 MINUTES UNTIL LIGHTLY BROWNS.

MAKES ABOUT 2 DOZEN COOKIES.

NOTE: USE 1 FRESH EGG IN PLACE OF
EGG MIX AND WATER.

ORANGE-RAISIN RICE

1 CUP COOKED RICE
2 TABLESPOONS SUGAR OR CORN SYRUP
1/4 CUP RAISINS
1 TEASPOON FAT (MARGARINE OR BUTTER)
1/4 CUP ORANGE JUICE
2 TABLESPOONS CHOPPED NUTS OR PEANUTS,
IF YOU LIKE

STIR COOKED RICE GENTLY WITH REST OF
INGREDIENTS IN A PAN.

COOK OVER MEDIUM HEAT FOR A FEW MINUTES TO
BLEND FLAVORS.

SERVE WARM OR COLD. SPRINKLE WITH CHOPPED
NUTS (IF USED).

MAKES 2 SERVINGS, ABOUT 1/2 CUP EACH.

VANILLA PUDDING

3 TABLESPOONS SUGAR

2 TABLESPOONS FLOUR

1/4 CUP EGG MIX, PACKED (TO USE

FRESH EGG, SEE NOTE)

1-1/2 CUPS FLUID MILK

2 TEASPOONS FAT (MARGARINE OR BUTTER)

1/2 TEASPOON VANILLA

PUT SUGAR, FLOUR, AND EGG MIX IN A
PAN. MIX WELL.

SLOWLY ADD MILK, STIRRING UNTIL
SMOOTH.

COOK AND STIR OVER MEDIUM HEAT UNTIL
THICKENED.

STIR IN FAT AND VANILLA.

MAKES 2 SERVINGS, 2/3 CUP EACH.

NOTE: USE 1 FRESH EGG IN PLACE OF THE
EGG MIX. BEAT THE EGG AND MIX WITH MILK
BEFORE USING.

FRUIT PUDDING

USE RECIPE FOR VANILLA PUDDING.

TOP THE PUDDING WITH SLICED BANANAS, CANNED FRUIT,
OR OTHER FRESH OR COOKED FRUIT, AS YOU LIKE.

YELLOW CAKE

1 CUP FLOUR

1-1/2 TEASPOONS BAKING POWDER

1/4 TEASPOON SALT

2/3 CUP SUGAR

1/4 CUP SOFTENED FAT (MARGARINE OR BUTTER)

1/2 TEASPOON VANILLA

1/4 CUP EGG MIX, PACKED (TO USE FRESH EGG, SEE NOTE)

1/4 CUP WATER

1/2 CUP FLUID MILK

MIX THE FLOUR, BAKING POWDER, AND SALT,
SET ASIDE.

STIR SUGAR INTO FAT IN A LARGE BOWL. BEAT
WELL WITH A SPOON OR A BEATER.

ADD VANILLA, EGG MIX AND WATER. BEAT UNTIL
FLUFFY WITH A SPOON OR A BEATER.

ADD FLOUR MIXTURE AND MILK. MIX UNTIL SMOOTH.

FILL A GREASED, FLOURED BAKING PAN HALF FULL.

BAKE AT 375° F (MODERATE OVEN) ABOUT 25 MINUTES
UNTIL CAKE SPRINGS BACK WHEN LIGHTLY TOUCHED
NEAR CENTER.

NOTE: USE 1 FRESH EGG IN PLACE OF EGG MIX AND
THE WATER.

CHOCOLATE ICING

3 TABLESPOONS FAT (MARGARINE OR BUTTER)

2 TABLESPOONS FLUID MILK

1/2 TEASPOON VANILLA

2 TABLESPOONS COCOA

ABOUT 1-1/3 CUPS CONFECTIONERS SUGAR

MIX ALL INGREDIENTS EXCEPT CONFECTIONERS SUGAR.

STIR IN HALF THE SUGAR. BEAT WELL.

STIR IN REST OF SUGAR, AS NEEDED, TO MAKE AN ICING THAT WILL STAY ON CAKE AND SPREAD WELL. PUT ON COOLED CAKE.

MAKES ABOUT 3/4 CUP ICING.

ORANGE ICING

USE RECIPE FOR CHOCOLATE ICING. USE

2 TABLESPOONS ORANGE JUICE AND 1 TEASPOON

GRATED ORANGE RIND IN PLACE OF THE MILK

AND COCOA. ADD MORE SUGAR IF NEEDED.

FOR BROTH FOR THESE RECIPES;

. USE BEEF OR PORK JUICES, OR
CHICKEN OR TURKEY BROTH, AND ADD
WATER TO GET AMOUNT NEEDED FOR THE
RECIPE.

. USE BOUILLON CUBES. MIX ONE BEEF OR
CHICKEN BOUILLON CUBE INTO ONE CUP BOILING
WATER FOR EACH CUP OF BROTH NEEDED. USE
BEEF FLAVOR IN BEEF RECIPES AND CHICKEN
FLAVOR IN CHICKEN, TURKEY, OR PORK RECIPES.

. A BOUILLON CUBE MAY ALSO BE MIXED INTO
HOT SOUPS, SAUCES, OR OTHER LIQUID FOODS
FOR MORE FLAVOR.

MENU IDEAS ARE INCLUDED FOR ALL THE
MAIN DISH RECIPES. BREAD OR CRACKERS,
MARGARINE OR BUTTER, AND MILK, TEA,
OR COFFEE WOULD USUALLY BE ADDED.
OTHER FOODS MAY BE ADDED TO THE MENU,
AS YOU LIKE.

BEEF OR PORK STEW

1 SMALL ONION

1 MEDIUM-SIZE CARROT

1 MEDIUM-SIZE POTATO

1 SMALL STALK CELERY WITH LEAVES

1 CUP MEAT BROTH

SALT, AS YOU LIKE

1 TABLESPOON FLOUR

1 TABLESPOON WATER

2/3 CUP CUT-UP, CANNED OR COOKED BEEF OR PORK

CUT UP ONION, CARROT, POTATO, AND CELERY.

PUT BROTH IN A PAN AND HEAT TO BOILING. ADD
CUT-UP FRESH VEGETABLES AND SALT. COVER AND BOIL
GENTLY ABOUT 20 MINUTES UNTIL VEGETABLES ARE TENDER.

MIX FLOUR AND WATER AND SLOWLY STIR INTO VEGE-
TABLES, COOKING UNTIL THICKENED.

ADD MEAT AND HEAT.

MAKES 2 SERVINGS, ABOUT 1 CUP EACH.

BEEF OR PORK PIE

USE THE RECIPE FOR BEEF OR PORK STEW.

PUT IN A BAKING PAN. PLACE 2 OR 4 UNBAKED BISCUITS
ON THE TOP (SEE RECIPE FOR DROP BISCUITS). BAKE
AT 400° F (HOT OVEN) 20 TO 30 MINUTES UNTIL BROWNED.

MENU IDEA: SERVE WITH CABBAGE SLAW AND VANILLA
PUDDING.

CHICKEN OR TURKEY AND DUMPLINGS

2 TABLESPOONS FLOUR

2 TABLESPOONS WATER

1 CUP CHICKEN OR TURKEY BROTH

1 CUP BONELESS PIECES OF CANNED OR COOKED CHICKEN
OR TURKEY

SALT AND PEPPER, AS YOU LIKE

DUMPLING DOUGH (RECIPE FOLLOWS)

MIX THE FLOUR AND WATER IN A PAN UNTIL SMOOTH.

SLOWLY STIR IN BROTH. COOK AND STIR UNTIL
THICKENED.ADD CHICKEN OR TURKEY, SALT, AND PEPPER. HEAT
TO BOILING.DROP DUMPLING DOUGH FROM A TABLESPOON ONTO GENTLY
BOILING MIXTURE TO MAKE 4 DUMPLINGS.COVER PAN TIGHTLY AND COOK SLOWLY FOR 15 MINUTES
WITHOUT LIFTING LID.

MAKES 2 SERVINGS.

DUMPLING DOUGH. MIX $\frac{1}{3}$ CUP FLOUR, $\frac{1}{2}$ TEASPOON
BAKING POWDER, AND $\frac{1}{4}$ TEASPOON SALT. STIR IN 2
TABLESPOONS FLUID MILK.MENU IDEA: SERVE WITH MIXED VEGETABLES AND
SLICED PEACHES.

CHICKEN OR TURKEY SAUCE

1 TABLESPOON FAT (CHICKEN OR TURKEY FAT, MARGARINE
OR BUTTER)

2 TABLESPOONS FLOUR

1/2 TEASPOON SALT

PEPPER, AS YOU LIKE

1/4 TEASPOON DRY PARSLEY FLAKES, IF YOU LIKE

1 CUP CHICKEN OR TURKEY BROTH AND FLUID MILK

MELT FAT IN A PAN. STIR IN FLOUR, SALT, PEPPER,
AND PARSLEY (IF USED).

ADD BROTH SLOWLY, STIRRING UNTIL SMOOTH.

COOK AND STIR OVER MEDIUM HEAT UNTIL THICKENED.

MAKES 1 CUP SAUCE.

CREAMED CHICKEN OR TURKEY

1 CUP CUT-UP, CANNED OR COOKED CHICKEN

OR TURKEY

CHICKEN OR TURKEY SAUCE (SEE RECIPE)

ADD CHICKEN OR TURKEY TO THE SAUCE.

HEAT SLOWLY UNTIL HOT, STIRRING GENTLY TO KEEP
FROM STICKING.

MAKES 2 SERVINGS, ABOUT 1/2 CUP EACH.

MENU IDEA: SERVE ON TOAST, BISCUITS, RICE OR
POTATOES. ALSO, HAVE GREEN PEAS AND ORANGE SECTIONS.

HOT CHICKEN OR TURKEY SANDWICHES

1 CUP SLICED, CANNED OR COOKED CHICKEN OR TURKEY

4 SLICES BREAD

CHICKEN OR TURKEY SAUCE (SEE RECIPE)

HEAT CHICKEN OR TURKEY IN A COVERED PAN OVER LOW HEAT
WITH ENOUGH WATER TO KEEP FROM STICKING.

PLACE CHICKEN OR TURKEY BETWEEN SLICES OF BREAD TO
MAKE 2 SANDWICHES.

POUR THE HOT SAUCE OVER SANDWICHES BEFORE SERVING.

MAKES 2 SANDWICHES.

MENU IDEA: SERVE WITH KALE AND FRESH OR CANNED PEACHES.

CHEESE RAREBIT

1/2 CUP FLUID MILK

1 CUP CUT-UP PROCESS CHEESE

1/2 TEASPOON PREPARED MUSTARD

MIX THE MILK, CHEESE, AND MUSTARD IN A PAN.

COOK AND STIR OVER LOW HEAT UNTIL CHEESE MELTS
AND SAUCE IS SMOOTH.

MAKES 2 SERVINGS, ABOUT $\frac{1}{3}$ CUP SAUCE EACH.

MENU IDEA: SERVE ON TOAST OR CRACKERS AND HAVE TOSSED
SALAD AND APPLE SAUCE.

CHINESE-STYLE DINNER

1 LARGE STALK CELERY

1 SMALL ONION, IF YOU LIKE

1/4 SMALL HEAD CABBAGE

1 TABLESPOON FAT OR OIL

1 TABLESPOON CORNSTARCH

3/4 CUP CHICKEN, TURKEY, OR MEAT BROTH

2 TABLESPOONS SOY SAUCE

2/3 CUP CUT-UP, CANNED OR COOKED CHICKEN, TURKEY,

BEEF, OR PORK

CUT CELERY IN SHORT, THIN STRIPS. THINLY SLICE
ONION (IF USED). CHOP CABBAGE.

HEAT FAT OR OIL IN A FRY PAN. COOK CELERY AND
ONION IN THE PAN UNTIL LIGHTLY BROWNED.

MIX CORNSTARCH, BROTH, AND SOY SAUCE; PUT IN THE
PAN. COOK AND STIR UNTIL SAUCE IS CLEAR AND
THICKENED.

STIR IN CABBAGE AND MEAT. COVER AND BOIL GENTLY
3 TO 5 MINUTES, AS YOU LIKE.

MAKES 2 SERVINGS, EACH ABOUT 1 CUP.

MENU IDEA: SERVE ON COOKED RICE OR MACARONI AND HAVE
TOMATO SALAD AND TAPIOCA PUDDING.

COOKED DRY BEANS

1 CUP DRY BEANS

3 CUPS WATER FOR KIDNEY, PINTO, PEA
(NAVY), OR SMALL WHITE BEANS

OR

2-1/2 CUPS WATER FOR GREAT NORTHERN,
SMALL RED, LIMA, OR BLACK-EYE BEANS

WASH AND DRAIN BEANS.

PUT BEANS AND WATER IN A PAN AND
BOIL 2 MINUTES. REMOVE FROM HEAT.
COVER AND LET SOAK 1 HOUR.

ADD SALT AND BOIL GENTLY UNTIL TENDER:
KIDNEY, PINTO, OR

PEA BEANS-----ABOUT 2 HOURS

GREAT NORTHERN BEANS--1 TO 1-1/2 HOURS

SMALL RED OR WHITE

BEANS-----ABOUT 1-1/2 HOURS

LIMA BEANS-----ABOUT 1 HOUR

BLACK-EYE BEANS-----ABOUT 1/2 HOUR

ADD A LITTLE WATER DURING COOKING, IF
NEEDED.

MAKES ABOUT 2-1/2 CUPS COOKED BEANS.

TO SEASON COOKED DRY BEANS, SPLIT PEAS, OR LENTILS, ADD
BACON OR HAM DRIPPINGS, CANNED CHOPPED MEAT, SALT PORK, OR
A HAM BONE BEFORE COOKING.

COOKED DRY SPLIT PEAS

1/3 CUP DRY SPLIT PEAS

1 CUP WATER

1/4 TEASPOON SALT

WASH AND DRAIN SPLIT PEAS.

PUT PEAS AND WATER IN PAN AND BOIL 2
MINUTES. REMOVE FROM HEAT. COVER AND
LET SOAK 30 MINUTES.

ADD SALT. COVER AND BOIL GENTLY ABOUT
20 MINUTES UNTIL TENDER. DO NOT STIR.

MAKES ABOUT 1 CUP COOKED SPLIT PEAS.

COOKED LENTILS

1/3 CUP LENTILS

1 CUP WATER

1/4 TEASPOON SALT

WASH AND DRAIN LENTILS.

PUT LENTILS AND WATER IN PAN. ADD SALT.
COVER AND BOIL GENTLY ABOUT 30 MINUTES
UNTIL LENTILS ARE TENDER (SEE NOTE).

MAKES ABOUT 1 CUP COOKED LENTILS.

NOTE: COOKING TIME WILL BE ONLY 10 TO 12
MINUTES IF THE LENTILS ARE SOAKED IN THE
WATER FOR 1 HOUR BEFORE COOKING.

MENU IDEA: SERVE SEASONED BEANS, SPLIT PEAS
OR LENTILS WITH COOKED CARROTS, SPINACH AND
STRAWBERRY ICE CREAM.

HAMBURGER AND GRAVY

1/3 POUND GROUND BEEF (ABOUT 1 CUP, LIGHTLY
PACKED)

2 TABLESPOONS FLOUR

1/2 TEASPOON SALT

1 CUP WATER

COOK GROUND BEEF IN A FRY PAN UNTIL BROWNED.

POUR OFF FAT.

STIR IN THE FLOUR AND SALT.

SLOWLY STIR IN THE WATER. COOK AND STIR UNTIL
THICKENED.

MAKES 2 SERVINGS, ABOUT 2/3 CUP EACH.

MENU IDEA: SERVE ON HOT COOKED RICE, BULGUR,
MASHED POTATOES, OR BISCUITS. ALSO, HAVE COOKED
VEGETABLE SALAD AND CHERRY FLAVORED GELATIN.

GLAZED CANNED MEAT

4 SLICES CANNED CHOPPED MEAT OR CANNED LUNCHEON
MEAT

1 TABLESPOON BROWN SUGAR

1 TEASPOON DRY OR PREPARED MUSTARD

1 TEASPOON VINEGAR

GROUND CLOVES, IF YOU LIKE

PUT SLICES OF MEAT IN A HEATED FRY PAN. BROWN
MEAT ON ONE SIDE.

MIX REST OF INGREDIENTS.

TURN MEAT AND SPREAD BROWN SUGAR MIXTURE ON TOP
OF MEAT SLICES.

HEAT SLOWLY ABOUT 5 MINUTES UNTIL MEAT IS HOT.

MAKES 2 SERVINGS, 2 SLICES EACH.

MENU IDEA: SERVE WITH TOMATO JUICE, POTATOES, GREEN
 BEANS, AND OATMEAL COOKIES.

LIVER AND ONIONS

1/2 POUND SLICED BEEF OR PORK LIVER

ABOUT 2 TABLESPOONS FLOUR

1 TABLESPOON FAT OR OIL

1/2 TEASPOON SALT

PEPPER, AS YOU LIKE

1 SMALL ONION

2 TABLESPOONS WATER

DIP LIVER IN FLOUR.

HEAT FAT OR OIL IN A FRY PAN. COOK LIVER IN
THE PAN OVER MEDIUM HEAT UNTIL BROWNED ON ONE SIDE.

TURN LIVER AND SPRINKLE WITH SALT AND PEPPER.

SLICE ONION AND PUT ON TOP OF LIVER. ADD WATER.

COVER PAN TIGHTLY AND COOK SLOWLY ABOUT 20 MINUTES
UNTIL LIVER IS TENDER.

MAKES 2 SERVINGS.

MENU IDEA: SERVE WITH SQUASH AND TOMATOES, AND HAVE
ORANGE-RAISIN RICE FOR DESSERT.

ONE-PAN MACARONI AND CHEESE

1 CUP HOT, COOKED MACARONI

1/4 CUP WATER

1/2 CUP INSTANT NONFAT DRY MILK

1/2 CUP CUT-UP PROCESS CHEESE

LEAVE DRAINED MACARONI IN COOKING PAN.

MIX WATER AND DRY MILK. ADD TO MACARONI.

ADD CHEESE. COOK SLOWLY AND STIR GENTLY UNTIL
CHEESE MELTS.

LET STAND A FEW MINUTES AFTER COOKING FOR A
THICKER SAUCE, IF YOU LIKE. FOR THINNER SAUCE,
ADD A LITTLE WATER.

MAKES 2 SERVINGS, 1/2 CUP EACH.

MENU IDEA: SERVE WITH CARROT-RAISIN SALAD AND
PEANUT BUTTER COOKIES.

PANNED CABBAGE AND MEAT

1 TEASPOON FAT OR OIL

2/3 CUP CUT-UP, CANNED CHOPPED MEAT OR
CANNED LUNCHEON MEAT

1/4 SMALL HEAD CABBAGE

2 TABLESPOONS WATER

SALT AND PEPPER, IF YOU LIKE

HEAT FAT OR OIL IN FRY PAN. ADD MEAT AND
COOK UNTIL BROWNED.

THINLY SLICE THE CABBAGE. ADD CABBAGE AND
WATER TO THE MEAT. COVER AND COOK ABOUT 5 MINUTES
UNTIL CABBAGE IS TENDER.

ADD SALT AND PEPPER (IF USED).

MAKES 2 SERVINGS, ABOUT 3/4 CUP EACH.

MENU IDEA: SERVE WITH SWEET POTATOES AND BANANA
PUDDING.

RICE AND BEANS

2/3 CUP COOKED DRY BEANS

1/3 CUP UNCOOKED RICE

1 CUP WATER

1/3 CUP CUT-UP, CANNED CHOPPED MEAT OR
CANNED LUNCHEON MEAT

1/4 TEASPOON SALT

PUT ALL INGREDIENTS IN A PAN. BRING TO
BOILING.

COVER AND BOIL GENTLY, WITHOUT STIRRING,
20 TO 25 MINUTES UNTIL RICE IS TENDER.

MAKES 2 SERVINGS, ABOUT 1 CUP EACH.

MENU IDEA: SERVE WITH COOKED CARROTS, CELERY
STICKS, AND CANNED FRUIT OR FRESH FRUIT IN SEASON.

SCRAMBLED EGGS

USING EGG MIX

1/2 CUP EGG MIX, PACKED

1/2 CUP WATER

OR

USING FRESH EGGS

2 EGGS

2 TABLESPOONS FLUID MILK

SALT AND PEPPER, AS YOU LIKE

PUT ALL INGREDIENTS IN A BOWL. BEAT
UNTIL WELL MIXED.

POUR INTO A HEATED, GREASED FRY PAN. COOK
AND STIR OVER MEDIUM HEAT UNTIL EGGS ARE WELL
COOKED AND FIRM.

MAKES 2 SERVINGS.

CHEESE SCRAMBLED EGGS

USE RECIPE FOR SCRAMBLED EGGS. WHEN EGGS
BEGIN TO GET FIRM, SPRINKLE $\frac{1}{3}$ CUP CUT-UP
PROCESS CHEESE OVER TOP. COOK UNTIL EGGS ARE
FIRM AND CHEESE IS MELTED.

SCRAMBLED EGGS WITH MEAT

USE THE RECIPE FOR SCRAMBLED EGGS.

ADD $\frac{1}{3}$ CUP CUT-UP, CANNED CHOPPED MEAT OR
CANNED LUNCHEON MEAT BEFORE COOKING THE EGGS.

TOMATO SAUCE FOR SCRAMBLED EGGS

$\frac{1}{2}$ SMALL ONION

2 TEASPOONS FAT OR OIL

$\frac{1}{2}$ CUP CANNED OR COOKED TOMATOES

$\frac{1}{4}$ TEASPOON SALT

FINELY CHOP ONION. COOK IN FAT OR OIL IN A
PAN UNTIL TENDER.

ADD REST OF INGREDIENTS. CUT UP TOMATOES.
HEAT.

MAKES ABOUT $\frac{1}{2}$ CUP SAUCE.

NOTE: SERVE TOMATO SAUCE ON SCRAMBLED EGGS
OR MIX GENTLY WITH EGGS BEFORE SERVING.

MENU IDEA: SERVE SCRAMBLED EGGS WITH SPINACH AND
APPLESAUCE.

SPANISH RICE

1/4 CUP UNCOOKED RICE
3/4 CUP CUT-UP, CANNED CHOPPED MEAT OR
CANNED LUNCHEON MEAT
1 TEASPOON FAT OR OIL
1/2 SMALL ONION
1/4 GREEN PEPPER, IF YOU LIKE
1 SMALL STALK CELERY, IF YOU LIKE
1 CUP CANNED OR COOKED TOMATOES

COOK RICE AND MEAT IN FAT OR OIL UNTIL
LIGHTLY BROWNED.

CHOP ONION, GREEN PEPPER (IF USED), AND
CELERY (IF USED). ADD TO RICE.

STIR IN TOMATOES. HEAT TO BOILING.
COVER AND COOK SLOWLY ABOUT 25 MINUTES UNTIL
RICE IS TENDER.

MAKES 2 SERVINGS, 1 CUP EACH.

SPANISH BULGUR

USE RECIPE FOR SPANISH RICE. USE
1/4 CUP UNCOOKED BULGUR IN PLACE OF RICE.

MENU IDEA: SERVE SPANISH RICE, MACARONI, OR
BULGUR WITH COOKED GREEN CABBAGE AND FRUIT
GELATIN.

SPANISH MACARONI

USE RECIPE FOR SPANISH RICE. USE $\frac{1}{3}$ CUP UNCOOKED MACARONI IN PLACE OF RICE. DO NOT BROWN MACARONI.

SPLIT PEA ONE-DISH MEAL

$\frac{1}{3}$ POUND GROUND BEEF (SEE NOTE)

1 CUP CANNED OR COOKED TOMATOES

$\frac{1}{4}$ CUP UNCOOKED RICE

$\frac{1}{3}$ CUP WATER

$\frac{1}{2}$ TEASPOON SALT

PEPPER, AS YOU LIKE

1 CUP COOKED SPLIT PEAS

PUT GROUND BEEF IN A PAN. COOK UNTIL MEAT IS BROWNS. DRAIN OFF FAT.

ADD TOMATOES, RICE, WATER, SALT, AND PEPPER. COVER AND BOIL GENTLY ABOUT 25 MINUTES UNTIL RICE IS TENDER.

ADD SPLIT PEAS. HEAT SLOWLY UNTIL HOT.

MAKES 2 SERVINGS, ABOUT 1 CUP EACH.

NOTE: IN PLACE OF GROUND BEEF, 1 CUP CUT-UP, CANNED BEEF OR PORK MAY BE USED. DO NOT BROWN THE MEAT.

MENU IDEA: SERVE WITH LETTUCE SALAD AND CANNED FRUIT OR FRESH FRUIT IN SEASON.

STEWED CHICKEN

1 FRYING CHICKEN, WHOLE OR CUT-UP

WATER

1 TEASPOON SALT

WASH CHICKEN AND PUT IN PAN.

ADD WATER TO COVER PIECES OR TO HALF COVER A
WHOLE CHICKEN. ADD SALT.

COVER PAN. BOIL GENTLY 45 MINUTES TO 1 HOUR
UNTIL MEAT IS TENDER.

SERVE THE CHICKEN PLAIN OR USE IT IN ANY RECIPE
CALLING FOR COOKED CHICKEN.

A 2-POUND CHICKEN MAKES ABOUT 2-1/2 CUPS CUT-UP,
COOKED MEAT.

STEWED TURKEY LEGS OR WINGS

USE RECIPE FOR STEWED CHICKEN. USE 2 POUNDS
TURKEY LEGS OR 2-1/2 POUNDS TURKEY WINGS IN PLACE
OF CHICKEN. BOIL GENTLY 1-3/4 TO 2-1/2 HOURS UNTIL
TENDER.

MENU IDEA: SERVE STEWED CHICKEN OR TURKEY WITH
RICE OR BULGUR AND GRAVY, MIXED VEGETABLES, AND
GRAPEFRUIT SECTIONS.

SWEET-SOUR MEAT

1 SMALL GREEN PEPPER
1 TABLESPOON FAT OR OIL
2 TABLESPOONS SUGAR
1 TABLESPOON CORNSTARCH
2/3 CUP CHICKEN, TURKEY, OR MEAT BROTH
2 TABLESPOONS VINEGAR
1 TABLESPOON SOY SAUCE
2/3 CUP CUT-UP, CANNED OR COOKED CHICKEN,
TURKEY, BEEF, OR PORK
3 TABLESPOONS RAISINS

CUT GREEN PEPPER IN 1-INCH PIECES.

COOK SLOWLY IN THE FAT IN A HEATED FRY PAN ABOUT 10
MINUTES UNTIL TENDER.

MIX SUGAR AND CORNSTARCH. MIX IN BROTH, VINEGAR,
AND SOY SAUCE. PUT IN FRY PAN. COOK AND STIR UNTIL
SAUCE IS CLEAR AND THICKENED.

ADD MEAT AND RAISINS. HEAT.

MAKES 2 SERVINGS, EACH 3/4 CUP.

MENU IDEA: SERVE ON COOKED RICE OR MACARONI. SERVE
WITH SLICED BEETS, GREEN LIMA BEANS, AND FRUIT COCKTAIL.

TOMATO-MEAT SAUCE (SPAGHETTI SAUCE)

1 SMALL ONION

1 TABLESPOON FAT OR OIL

1 CUP CANNED OR COOKED TOMATOES

1 CUP FINELY CUT-UP, CANNED OR COOKED

BEEF OR PORK

1 TEASPOON WORCHESTERSHIRE SAUCE

CHOP ONION. COOK IN FAT OR OIL IN A FRY PAN UNTIL
TENDER AND LIGHTLY BROWNED.

STIR IN REST OF INGREDIENTS.

COOK OVER LOW HEAT ABOUT 30 MINUTES UNTIL
FLAVORS ARE BLENDED. ADD A LITTLE WATER, IF
NEEDED.

MAKES 2 SERVINGS, ABOUT 1/2 CUP EACH.

MENU IDEA: SERVE ON HOT COOKED SPAGHETTI, MACARONI,
NOODLES, OR RICE. SERVE WITH LETTUCE SALAD AND
ICE CREAM

TOP OF STOVE MEATLOAF

1/3 POUND GROUND BEEF (ABOUT 1 CUP LIGHTLY
PACKED)

2 TABLESPOONS UNCOOKED ROLLED OATS

1 TABLESPOON FINELY CHOPPED ONION

3 TABLESPOONS FLUID MILK

1/2 TEASPOON SALT

PEPPER, AS YOU LIKE

1/4 CUP WATER

1/2 CUP TOMATO SAUCE

PUT ALL INGREDIENTS EXCEPT WATER AND
TOMATO SAUCE IN A BOWL. MIX WELL.

SHAPE INTO 2 LOAVES. BROWN LOAVES ON ALL SIDES
IN A GREASED FRY PAN. POUR OFF FAT.

ADD WATER. POUR TOMATO SAUCE OVER LOAVES.

COVER AND COOK OVER LOW HEAT 30 MINUTES. ADD
MORE WATER DURING COOKING, IF NEEDED.

MAKES 2 SERVINGS.

MENU IDEA: SERVE WITH MACARONI SALAD, GREEN BEANS,
AND CANNED FRUIT OR FRESH FRUIT IN SEASON.

TUNA PATTIES

1 EGG

1 CAN CHUNK TUNA (6-1/2 TO 7 OUNCES),
DRAINED

1 TABLESPOON TUNA LIQUID

1/2 TEASPOON PREPARED MUSTARD

1/4 CUP FINE DRY BREAD CRUMBS

FAT FOR FRYING

COMBINE THE EGG, TUNA, TUNA LIQUID,
MUSTARD, AND HALF THE BREAD CRUMBS. MIX
WELL.

SHAPE INTO FOUR PATTIES. ROLL IN REST OF
CRUMBS.

HEAT FAT FOR FRYING. COOK TUNA PATTIES
OVER MEDIUM HEAT 3 TO 4 MINUTES UNTIL BROWNED
ON ONE SIDE. TURN GENTLY AND COOK 3 TO 4 MINUTES
LONGER UNTIL BROWNED ON OTHER SIDE.

MAKES 2 SERVINGS, 2 PATTIES EACH.

MENU IDEA: SERVE ON BUNS OR BREAD, IF YOU LIKE.
SERVE WITH TOMATO JUICE OR STEWED TOMATOES, SPINACH, AND ICE
CREAM SANDWICH.

SALAD IDEAS

CANNED OR COOKED VEGETABLE SALAD

MIX ONE OR MORE KINDS OF FIRM
VEGETABLES WITH A SALAD DRESSING,
SUCH AS VINEGAR AND OIL DRESSING.

FRUIT SALAD

USE ONE FRUIT OR MIX SEVERAL
KINDS OF CUT-UP FRUITS SUCH AS APPLES,
ORANGES, PEARS, BANANAS, RAISINS, AND
PRUNES. MIX GENTLY WITH SALAD DRESSING
TO MOISTEN, IF YOU LIKE, OR A LITTLE
LEMON JUICE AND SUGAR.

CABBAGE SLAW

MIX THINLY SLICED OR CHOPPED CABBAGE
WITH MAYONNAISE OR SALAD DRESSING. IF
YOU LIKE, ADD RAISINS, PINEAPPLE CHUNKS,
CHOPPED APPLES, OR FINELY CUT-UP CARROTS.

TOSSED SALAD

USE FRESH, CRISP, RAW VEGETABLES. TEAR
LETTUCE, SPINACH, AND OTHER GREENS INTO
BITE-SIZE PIECES. ADD SMALL AMOUNTS OF SLICED,
CHOPPED, OR CUT-UP VEGETABLES SUCH AS CABBAGE,
CELERY, ONIONS, CARROTS, CUCUMBERS, RADISHES,
GREEN PEPPER, AND TOMATOES. ADD VINEGAR AND OIL SALAD
DRESSING OR OTHER SALAD DRESSING, AS YOU LIKE.

HEARTY SALAD

MAKE TOSSED SALAD AND ADD COTTAGE
CHEESE OR PIECES OF PROCESS CHEESE OR
CANNED OR COOKED MEAT, POULTRY, OR
FISH.

CARROT-RAISIN SALAD

2 MEDIUM-SIZE CARROTS
 $\frac{1}{3}$ CUP RAISINS
ABOUT 1 TABLESPOON MAYONNAISE OR SALAD
DRESSING
LEMON JUICE, IF YOU LIKE

FINELY CHOP CARROTS.
MIX ALL INGREDIENTS WELL.
MAKES 2 SERVINGS, ABOUT $\frac{1}{2}$ CUP EACH.

MACARONI SALAD

1 SMALL STALK CELERY

1/4 SMALL ONION

3 TABLESPOONS MAYONNAISE OR SALAD

DRESSING

1 TEASPOON VINEGAR

1 TEASPOON SUGAR

1/4 TEASPOON PREPARED MUSTARD

1/4 TEASPOON SALT

PEPPER, AS YOU LIKE

1 CUP COOKED MACARONI, COOLED

1 HARD-COOKED EGG

CHOP THE CELERY AND ONION.

MIX ALL INGREDIENTS EXCEPT MACARONI
AND EGG IN A BOWL.

ADD MACARONI. CUT-UP AND ADD EGG.

MIX LIGHTLY.

MAKES 2 SERVINGS, ABOUT 3/4 CUP EACH.

POTATO SALAD

1/4 SMALL ONION
1 SMALL STALK CELERY
2 MEDIUM-SIZE, COOKED POTATOES
1/2 TEASPOON PREPARED MUSTARD
1/2 TEASPOON VINEGAR
1/4 CUP MAYONNAISE OR SALAD DRESSING
SALT AND PEPPER, AS YOU LIKE
1 HARD-COOKED EGG

FINELY CHOP ONION. CHOP CELERY.
CUT UP POTATOES. PUT IN A BOWL.
MIX MUSTARD, VINEGAR, AND MAYONNAISE
OR SALAD DRESSING. MIX GENTLY WITH
THE VEGETABLES, SALT, AND PEPPER.
SLICE EGG ONTO TOP OF SALAD.
MAKES 2 SERVINGS, ABOUT 3/4 CUP EACH.

JELLIED FRUIT SALAD

1 PACKAGE (3 OUNCES) FLAVORED GELATIN
1 CUP BOILING WATER
1 CUP LIQUID FROM CANNED FRUIT OR WATER
LEMON JUICE, IF YOU LIKE
1 OR 2 CUPS CUT-UP FRESH OR CANNED FRUIT,
DRAINED (SEE NOTE)

STIR GELATIN IN BOILING WATER UNTIL MELTED.

ADD FRUIT LIQUID OR WATER; ADD LEMON JUICE
(IF USED). CHILL UNTIL PARTLY FIRM.

STIR FRUIT INTO MIXTURE. CHILL UNTIL FIRM.

MAKES 6 SERVINGS, ABOUT 1/2 CUP EACH.

NOTE: PINEAPPLE (IF USED) MUST BE COOKED
OR CANNED.

VINEGAR AND OIL SALAD DRESSING

2 TABLESPOONS VINEGAR
2 TABLESPOONS VEGETABLE OIL
2 TABLESPOONS SUGAR
1/4 TEASPOON SALT
1 TABLESPOON CATSUP, IF YOU LIKE
1 TEASPOON FINELY CHOPPED ONION, IF YOU LIKE

PUT ALL INGREDIENTS IN A SMALL JAR WITH A
TIGHT LID. SHAKE UNTIL WELL MIXED.

MAKES ABOUT 1/3 CUP SALAD DRESSING.

BEEF-MACARONI SOUP

1 STALK CELERY WITH LEAVES
1 SMALL CARROT, IF YOU LIKE
2 CUPS BEEF BROTH
3/4 TEASPOON SALT
2/3 CUP CUT-UP CANNED OR COOKED BEEF
1/3 CUP UNCOOKED MACARONI

CUT CELERY IN THIN 1-INCH PIECES. FINELY
CHOP CARROT (IF USED).

HEAT BROTH TO BOILING. ADD REST OF INGREDIENTS.
BOIL GENTLY ABOUT 15 MINUTES UNTIL VEGETABLES AND
MACARONI ARE TENDER.

MAKES 2 SERVINGS, ABOUT 1 CUP EACH.

CHICKEN- OR TURKEY-MACARONI SOUP

USE RECIPE FOR BEEF-MACARONI SOUP.
USE CANNED OR COOKED CHICKEN OR TURKEY AND
CHICKEN BROTH IN PLACE OF BEEF AND BEEF
BROTH.

MENU IDEA: SERVE BEEF-, CHICKEN-, OR TURKEY-
MACARONI SOUP WITH GREEN BEAN SALAD AND FRUIT PUDDING.

CHICKEN OR TURKEY NOODLE SOUP

1 STALK CELERY

2 CUPS CHICKEN OR TURKEY BROTH

1 OUNCE UNCOOKED NOODLES (ABOUT 2/3 CUP)

1 CUP CUT-UP, CANNED OR COOKED CHICKEN OR
TURKEY

SALT AND PEPPER, AS YOU LIKE

CHOP CELERY.

HEAT BROTH TO BOILING.

ADD CELERY AND NOODLES TO BROTH. COVER PAN
AND BOIL GENTLY ABOUT 10 MINUTES UNTIL NOODLES ARE
TENDER.

ADD CHICKEN OR TURKEY, SALT, AND PEPPER. HEAT
TO BOILING.

MAKES 2 SERVINGS, 1 CUP EACH.

MENU IDEA: SERVE WITH A MIXED FRUIT SALAD.

CREAMY POTATO SOUP

1 TABLESPOON FINELY CHOPPED ONION

1 TABLESPOON FAT (MARGARINE OR BUTTER)

1 TABLESPOON FLOUR

1 TEASPOON SALT

1 CUP WATER

1 CUP FLUID MILK

3 TABLESPOONS INSTANT POTATO GRANULES OR

3/4 CUP INSTANT POTATO FLAKES

COOK ONION IN THE FAT UNTIL TENDER AND
LIGHTLY BROWNED.

STIR IN FLOUR AND SALT UNTIL SMOOTH. SLOWLY
STIR IN WATER.

COOK AND STIR OVER MEDIUM HEAT UNTIL SLIGHTLY
THICKENED.

REMOVE FROM HEAT. ADD MILK.

STIR IN POTATO GRANULES OR FLAKES UNTIL SMOOTH.

HEAT UNTIL HOT BUT NOT BOILING.

MAKES 2 SERVINGS, 1 CUP EACH.

SPLIT PEA OR LENTIL SOUP

1 SMALL ONION

1 SMALL STALK CELERY WITH LEAVES

1/2 CUP UNCOOKED DRY SPLIT PEAS OR LENTILS

2 CUPS WATER

1/2 TEASPOON SALT

1 TABLESPOON FAT (MARGARINE, BUTTER, OR MEAT
Drippings), IF YOU LIKE

SLICE ONION THINLY. CHOP CELERY.

WASH AND DRAIN SPLIT PEAS OR LENTILS.

PUT ALL INGREDIENTS IN A PAN. HEAT TO BOILING.

COVER AND COOK OVER MEDIUM HEAT ABOUT 30 MINUTES UNTIL
SPLIT PEAS OR LENTILS ARE TENDER.

MAKES 2 SERVINGS, ABOUT 1 CUP EACH.

NOTE: ADD PIECES OF CANNED CHOPPED MEAT, FRANK-
FURTERS, OR COOKED HAM BEFORE COOKING THE SOUP, IF
YOU LIKE.

MENU IDEA: SERVE WITH GRAPEFRUIT SALAD AND CAKE.

VEGETABLE SOUP WITH CHICKEN, TURKEY, OR PORK

1 SMALL ONION

1 SMALL CARROT

1 SMALL STALK CELERY

2 CUPS CHICKEN, TURKEY, OR PORK BROTH

1/2 CUP CANNED OR COOKED TOMATOES

1 CUP CANNED OR COOKED WHOLE KERNEL CORN, UNDRAINED

1 CUP CUT-UP, CANNED OR COOKED CHICKEN, TURKEY, OR
PORK

CUT UP ONION, CARROT, AND CELERY.

HEAT BROTH TO BOILING. ADD THE CUT-UP FRESH
VEGETABLES AND TOMATOES.

COVER AND BOIL GENTLY ABOUT 30 MINUTES UNTIL
VEGETABLES ARE TENDER.

ADD REST OF INGREDIENTS. BOIL GENTLY A FEW
MINUTES LONGER TO BLEND FLAVORS.

MAKES 4 SERVINGS, ABOUT 1 CUP EACH.

MENU IDEA: SERVE WITH CRACKERS AND CHEESE AND COOKED
PRUNES.

How to Prepare Fresh Vegetables

- WASH VEGETABLES WELL. SEPARATE LEAVES OR STALKS. A BRUSH HELPS TO CLEAN VEGETABLES SUCH AS CELERY AND POTATOES.
- PREPARE VEGETABLES JUST BEFORE COOKING TO SAVE FOOD NUTRIENTS.
- REMOVE WOODY PIECES OR PARTS OF STEMS.
- REMOVE BRUISES AND OTHER DISCOLORED PARTS.
- MAKE PARINGS THIN TO AVOID LOSING FOOD NUTRIENTS.
- USE OUTSIDE GREEN LEAVES OF CABBAGE, LETTUCE, AND OTHER LEAFY VEGETABLES. THEY ARE HIGH IN FOOD NUTRIENTS.

How to Cook Fresh or Frozen Vegetables

- BRING WATER TO BOILING BEFORE ADDING VEGETABLE.
- USE ENOUGH WATER TO COVER LARGE PIECES OR MORE FULLY GROWN FRESH VEGETABLES. USE LESS WATER FOR SMALL PIECES, YOUNG TENDER VEGETABLES, OR FROZEN VEGETABLES.
- ADD VEGETABLE TO BOILING WATER AND SPRINKLE WITH A LITTLE SALT (IF USED). RETURN TO BOILING.
- COVER PAN FOR QUICKER AND MORE EVEN COOKING.
- BOIL GENTLY UNTIL VEGETABLE IS TENDER.
- ADD A LITTLE MARGARINE, BUTTER, OR OTHER SEASONING, IF YOU LIKE.

SOME WAYS TO USE VEGETABLES

- . MIX CANNED OR COOKED TOMATOES,
BREAD CUBES, ONION, AND SEASONINGS.
HEAT AND SERVE.
- . HEAT APPLESAUCE AND CANNED OR
COOKED SWEETPOTATOES TOGETHER,
OR USE OTHER COOKED OR CANNED
FRUITS WITH THE SWEETPOTATOES.
- . MAKE CREAMED CHICKEN OR TURKEY.
ADD ONE OR MORE DRAINED, COOKED
OR CANNED VEGETABLES SUCH AS PEAS, CORN,
SMALL ONIONS, SLICED CARROTS, OR CUT-
UP CELERY.
- . MASH DRAINED, HOT, COOKED, WHITE
POTATOES OR SWEETPOTATOES. ADD
MILK TO SOFTEN; ADD SEASONINGS, AS
YOU LIKE. BEAT WELL.
- . HEAT DRAINED, COOKED OR CANNED BEETS
IN A LITTLE ORANGE JUICE.
- . BAKE WHITE POTATOES OR SWEETPOTATOES
UNTIL SOFT WHILE BAKING OTHER FOODS
IN THE OVEN AT A TEMPERATURE BETWEEN
 325° F AND 450° F.

MASHED POTATOES

2/3 CUP WATER

1 TABLESPOON FAT (MARGARINE OR BUTTER)

1/4 TEASPOON SALT

1/4 CUP FLUID MILK

1/4 CUP INSTANT POTATO GRANULES OR

3/4 CUP INSTANT POTATO FLAKES

PUT WATER, FAT, AND SALT IN A PAN.

HEAT TO BOILING.

REMOVE FROM HEAT. ADD MILK.

STIR IN POTATOES. STIR GENTLY WITH A
FORK UNTIL POTATOES ARE SOFT AND MOIST.

ADD A LITTLE MORE INSTANT POTATOES FOR
THICKER MASHED POTATOES, OR A LITTLE MORE
WATER FOR THINNER POTATOES, IF YOU LIKE.

MAKES 2 SERVINGS, 1/2 CUP EACH.

SQUASH AND TOMATOES

2 SMALL ZUCCHINI OR YELLOW SUMMER

SQUASH

1/2 SMALL ONION

1 CUP CANNED OR COOKED TOMATOES

1/4 TEASPOON SALT

PEPPER, AS YOU LIKE

1 SLICE BREAD

SLICE SQUASH. CHOP ONION.

MIX ALL INGREDIENTS EXCEPT BREAD

IN A PAN. COVER AND BOIL GENTLY

ABOUT 25 MINUTES OR UNTIL SQUASH IS TENDER.

ADD A LITTLE WATER DURING COOKING IF

NEEDED.

TEAR BREAD IN PIECES AND ADD TO SQUASH
AND TOMATOES.

MAKES 2 SERVINGS, ABOUT 1/2 CUP EACH.

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